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Psychological Well Being Reviewed Of Single Types and Sexes

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Abstract.

The aim of this article is to describe two researches result on psychological well-being (PWB) based on single types and sexes. Research I subjects are 60 single women age ranged 35-50 years old. Research II subjects are 65 single men and 65 single women age ranged 25-40 years old. Both researches subjects are from Surabaya and Sidoarjo, enrolled by snowball sampling-purposive incidental type. Instrument to measure PWB is a modified scale by Reiff. Both researches indicate: 1) there is no significant differences between single females PWB among the single type groups ($p=0.359>0.05$), 2a) there is no significant differences between single males and females PWB among the single type groups ($p=0.506>0.05$), and 2b) there is significant PWB differences between single males and females ($p=0.0123<0.05$). Both results confirm further that high PWB is not tied to sexes and single types.

Keywords: *psychological well being, unmarried, single types, sexes*

INTRODUCTION

Advancement in science and technology has been grown rapidly as of stimulate professionalism and career opportunity development in many fields. Dealing with this situation, these rising generation stride to supply themselves through higher education above the bachelor degree. This condition make the people and/or families in Indonesia do not restrict males and females into specific professional fields. Furthermore, right now the public or families tend to put men and women into equal position in getting their right for education, professional fields, career development, and share role on domestic chores. This condition is also affecting the delay on marital age for the youth currently, consciously/ purposively or not until they reach early upto middle adulthood (35 – 40 years old). Mostly among them hold back and enjoy their unmarried status with several considerations, such as pursuing master degree, concentrating on career, waiting for financial stability, not finding the right partner, and other reasons.

Marital age shifting on females are caused by various reasons, such as females have experienced independency, gotten job that support them, gotten more time to reach education that lead them to some core experiences, and increase their job opportunities (Crawford, 2006), freedom to take the risk without feeling anxious on how to fulfill others' or her spouse's needs, and presence of fear toward divorce (Glick & Lin, as citated in Papalia et al., 2002). Those reasons which cause marital age shifting on females will be related to unmarried period time women will endure.

Single males in common enjoy their unmarried

period and defer to develop a committed relationship toward marriage. Their main reason to suspend their plan to be involved in a serious relationship is because they are not ready to get out from their comfort zone and enter the committed life that is viewed as a life full of compromising, responsibility, and sacrificing ("Hidup melajang, bahagiakah?", 2008).

According to a survey toward 60 males aged 25-35 years old, it found out that there are several reasons they are still single, which are: do not want their freedom is bound (35%), want to focus on career (29%), do not feel stable enough (20%), and have not found the right partner (16%). One of the factors men do not get married is to pursue career to achieve future stability. They often drown in their work with ever growing pressure on their work load, so they ignore and forget their personal matter to marry (Kokonata, 2006).

Married or stay single are each people's decision and it can't be ignored that each decisions will lead to each consequences. Single males or females might enjoy their freedom but on the other hand, they also need someone as their place to lean on and share their burden. Single folks in common feel good when they are being appreciated, cared of, and feeling needed. Those who are married will feel diminution of freedom, increased responsibilities, but behind that they also get a partner who will take care of them, give support when needed, and a place to share. In contrary, single folks will experience limitless freedom, not being bothered by their partner who wants to get into their lives, even having

access with their income, but they often feel lonely, have to be independent, and have no place to lean on and share their burden.

It can not be ignored that single males or females are often be considered having incomplete life. Marriage is deemed as something normal, not only accepted but also socially expected. This perspective make single life is being looked as a pathetic forced situation. It is arguable to say, in Indonesia living single or unmarried is viewed as unusual and troublesome (Siregar, 2009).

Marriage status will influence individual perception on happiness. In psychology, this happiness is called with terms "psychological well-being" (PWB). Marital status will influence individual's happiness perception or PWB as supported by Kim and Patrick (2011) research journal on western countries. It said that marital status affect strongly on individuals' PWB. Other research also found there is a positive linkages between marital status and PWB (Marks, 1996).

An elaborate definition for PWB is an individual level of ability to accept him/herself unconditionally, to shape a warm relationship with others, be autonomous from social pressure, to control external environment, to have meaning in life, and to materialize personal potentials continuously (Ryff & Keyes, 1995). PWB is very important, because if each individuals have high PWB level, it will affect their quality of life on many aspects. It also goes in opposite way if someone has low PWB level. As stated before,

Ryff and Keyes (1995) postulated six dimensions of well being: 1) self-acceptance dimension (self-acceptance towards present and past and positive attitude towards self), 2) positive relations with others dimension (as an empathetic and affection towards others and ability to maintain strong relationship and identification with others), 3) autonomy dimension (sense of freedom, free of norms that over-rule life), 4) environment control dimension (ability to create environmental restoration and could gain its benefits), 5) life direction dimension (involving a consciousness that every individuals have life directions and give meaning to life), and 6) personal growth dimension (continuously develops personal potentials, grows and increases personal positive qualities).

Single males and females could have different PWB level. This is related with how they accept themselves, be independent with social pressure against them, could control external environment, have potential meaning of life, and actualized their inner potentials.

It can not be ignored that behind every consideration living the life unmarried, apparently half of them facing anxiety, discomfort, embarrassment, isolation, loneliness, depressed, and emptiness. Thus, authors want to describe PWB condition of the unmarried across sexes and single types based on two researches.

METHOD

Dependent variable on this research is PWB, while independent variables are males or females single types (consist of stable voluntary, temporary voluntary, and temporary involuntary) and marital status (married and single). Here is the operational definition:

1. Single males and females are unmarried men and women within age range above 25 years old or in adulthood phase. They are all currently don't have or don't plan to have partner in short or longer term if it is a choice (Laswell & Laswell, 1987). There are four types of single females mentioned by Benokraitis (2011), but on this research, there will be only three types used (a,b,&c):
 - a. Temporary voluntary: single females on this type do not oppose to the idea of marriage. They delay to get married because of several activities (education, career, politics) come up in their list of priorities and they do not actively looking for mates.
 - b. Temporary involuntary: single females on this type have not married yet (or had married) but they want to get married and actively looking for mates.
 - c. Stable voluntary: single females on this type comfortably choose not to get married. They choose to stay single. They also might oppose to the idea of marriage due to religious calling (such as becoming a nun). Widowed or single parents also fall on this category and they choose not to get married. This type consist of people who is not going to marry or never get married.
 - d. Stable involuntary: single females on this type want to get married but have not found a partner. On this category, the reasons for not being married are due to old age and physical or psychological impairment that prohibit them from marriage. Compared to temporary involuntary, single females in this type accept their singleness as a permanent state.
2. PWB is individuals capabilities level on accepting themselves unconditionally, creating a warm relationship with others, being independent toward social pressure, controlling external environment optimally, having meaning in life, and expressing their self-potentials (Ryff & Keyes, 1995). This writing refer to PWB dimension stated by Ryff (1989) which are:
 - a. Self-acceptance
Self-acceptance is an individual level on accepting their own self unconditionally, being



- responsible on their own, having courage to admit their wrong doing, and self-introspection.
- b. Positive relations with others
Positive relations with others is an individual level on shaping up a warm relationship with others, trust-based interpersonal relationship, and strong caring & emphatetic feeling.
 - c. Autonomy
Autonomy is an individual level on deciding their own fate, achieving freedom, internal control, and managing their own internal behavior. Autonomy allows individuals to think and act appropriate to their wish and not being controlled by others' power.
 - d. Environmental mastery
Environmental mastery is individual level in selecting or creating an environment appropriate to their inner state, marked by their ability to keep moving forward, capability to handle disappointing world (not fitting their expectation) rationally, and to capture meaning effectively to achieve their own goal. Environmental mastery is achieved through two means: altering environment to suit with individual condition (environmental changes) or individuals adapt to their environment without changing the external factors (individual changes).
 - e. Purpose in life
A clear understanding on life goal, conviction towards it, and planned goal is the most important thing for achieving life meaning and aim.
 - f. Personal growth
Personal growth is a continuous individual level in developing personal potentials, developing and broaden self as a person, ability to express themselves against external obstacles, and in the end struggle for increasing personal well-being rather than fulfilling moral rules.

Design of these researches are comparative-descriptive quantitative method because the authors want to describe PWB measurement consistency between males and females for those whose classified as having high PWB from two researches results and their PWB supporting factors.

Research I subjects are 60 single females ranged 35-50 years old. Research II subjects are 65 single males and 65 single females ranged 25-40 years old. Subjects were selected from Surabaya and Sidoarjo with purposive incidental sampling-snowball technique. Data gathering technique was using closed

questionnaire to measure PWB and open questionnaire to gather identity and supporting questions to enrich informations probed.

Data analysis from this two researches are validity testing using product moment correlation, reliability testing using Alpha Cronbach, normality testing using Kolmogorov-Smirnov Z, homogeneity testing with Levene (for both researches), and hypothesis testing with *anakova* parametric statistic to assess variance differences from two samples. Covariate testing and independent t-sample testing were also used (for both researches).

RESULT

Data analysis result from research I shows that single females PWB with stable voluntary type is not different with single females from temporary voluntary and temporary involuntary types ($p = 0.359$, $p > 0.05$). Overall, PWB on those three types are not different to each others and rest on optimal condition. However, PWB on stable voluntary types are significantly more optimal than the other two types ($p = 0.000$, $p < 0.01$).

Optimal PWB on three categories of single females are influenced by several factors. Based on subjects' data, majority of subjects have finished bachelor degree and acquired job. It supports high level on well being due to work and education are affecting factors (Eddington & Shuman, as cited in Continuing Psychology Education, 2005).

Based on table 1, it is known that the aspect of positive relations with others have greatest correlation with single females PWB (0.938), while aspect of life direction gained the least correlation compared with other aspects (0.896). It means that positive relations with others may bring significant impact on single females PWB compared to other factors. Correlation strength is obtained by observing product moment coefficient-correlation scores between each PWB aspects towards single females PWB total scores.

Table 1. PWB Aspects Correlation Towards PWB with Sig. (2 – tailed) $p < 0.000$

PWB Aspects	Correlation Score
Self-acceptance	0.922
Positive relations with others	0.938
Autonomy	0.904
Environmental mastery	0.911
Purpose in life	0.896
Personal growth	0.923

Research I result is consistently supported by Research II result which shows there is no significant differences on PWB among single types (females and males; temporary voluntary, temporary involuntary, and stable involuntary; $p = 0.592 > 0.05$). It is observed that both females or males participants achieve high PWB despite their single types. This condition is supported further with six PWB aspects on single males. Moreover, both males and females have independent, confident, and assertive character which essential for personal growth as one aspect of PWB.

Education and work also contributing factors for similarity in PWB scores among single types and sexes. Most subjects are graduated from bachelor degree (57.7%). It shows that they are mostly educated. Other factor is job employment which most subjects have attained job already (93.8%).

There is a significant differences in PWB between males and females ($p = 0.012 < 0.05$). One of factor impacting PWB is sex differences. According to Eddington and Shuman (2005), in general, women are more open in acknowledging their emotions and seeking for solutions. While men tend to deny their emotional experiences.

DISCUSSION

High PWB is not conditioned by sexes and single types either men and women with single types temporary voluntary, temporary involuntary, stable voluntary, and stable involuntary. Those three single types have optimal PWB level. PWB aspects which have effective contribution on overall well-being are personal growth (males) and (positive relations with others (female). It is also found that several dominant supporting factors to achieve high PWB level are higher education level, job, and positive relations with others.

These findings on both researches are contrasting with what had been found from previous researches (Kim & Patrick, 2011). This output may differ because single males/females are closely tied with their family. As stated in the open questionnaire, in between their activities, single males/females still could spend time with their family. They also may still live with their parents (family). Presence of significant others as social

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